

THE GAME OF LIFE



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HOW TO WIN THE GAME OF LIFE

To make sure, I can win the game of life, I first need to understand:



Objective
of Life

Rules to
Live the
Life

Players of
Life

Tools that
enable me
to Live the
Life



PLAYERS OF LIFE

There are two key players

Mann(Bad Voice)  Jot (Good Voice)



Both of them live within me and guide me in different ways to live my life.

Depending upon who I listen I may win or lose the game of life.

PLAYERS OF LIFE - JOT

It's constantly guiding me to do the **right things** that will help me to make my life easy.

For e.g.

- ✓ **Stay calm** - don't be angry
- ✓ Always **stick to truth** and never lie
- ✓ I can always **improve**
- ✓ Focus on **needs** – Wants are never ending
- ✓ Keep **self reflecting** on your behavior

And the list keeps going on.....



PLAYERS OF LIFE - JOT

ਸਭ ਮਹਿ ਜੋਤਿ ਜੋਤਿ ਹੈ ਸੋਇ ॥
ਤਿਸ ਦੈ ਚਾਨਣਿ ਸਭ ਮਹਿ ਚਾਨਣੁ ਹੋਇ ॥



As per Gurbani JOT within all of us is exactly the same and It's guiding all of us in exactly the same way.

PLAYERS OF LIFE - MIND

Everything I do and think that is not aligned to voice of Jot is MIND. For e.g.

- ✓ **Its OK to be Angry at times** – It's the best way to make things happen
- ✓ **Lying** is OK
- ✓ I am the **Best**
- ✓ Being **Greedy** is fine
- ✓ **No need to self-reflect** or seek feedback on my behavior
- ✓ And the list keeps going on.....



PLAYERS OF LIFE - MIND

Player opposite to JOT is MIND.

Mind – My views, behavior, emotions and actions that are not aligned to my Good Voice. It's everything that is not letting me follow the Rules of Good Voice (JOT).



Generally, it's the combination of:



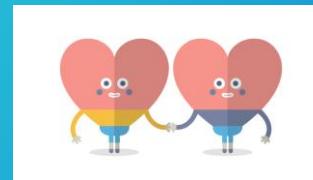
Desires



Anger



Greed



Attachment



Ego



ਪੰਚ ਦੂਜ ਬਿਆਪਤ ਅੰਧਿਆਰ

These five make my bad voice and drives me to unhappiness (darkness)